

Do, Re, Mi Piano & Music

Do, Re, Mi piano/music class encourages development of the whole child through music. In this joyous class, children will experience the sounds and rhythms of music through instrument play, piano/keyboard fingering and playing simple tunes, singing do, re, mi music notation and songs, rhythm & melodic patterns, props, puppets and creative movement. Keyboards will be provided in class.

Instructor: Sophi Albert

Fee: \$138 – Resident
\$143 – Non-Resident
(6-week session)

Materials Fee: An additional material fee of \$20 due to instructor on first class meeting

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: Online, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 3752 2-4 yrs Sep 10-Oct 15 Tue 9:30-10:10 am

Let's Dance



This is an ideal class for younger dancers to gain a foundation in both tap and ballet in a fun and supportive environment. Learn to dance while having fun. The skills developed are super for fitness, rhythm and confidence. If your child loves music, moving and expressing themselves, this ballet and tap combination class is a perfect match.

Instructor: Positive Energy Dance Studio

Fees: \$90 – Resident
\$95 – Non-Resident
(6-week session)

Location: Positive Energy Dance Studio
(22600-C Lambert St)

To Register: Online, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 3786 3-4 yrs Sep 14-Oct 19 Wed 9:00-9:45 am
Act#: 3787 5-6 yrs Sep 10-Oct 15 Wed 4:00-4:50 pm

Age Minimum And Maximum

When registering for programs online, if your child is under the minimum or over the maximum age for a particular program, you will not be able to register them. In some cases, an instructor will allow those interested in participating who are close to the age minimum and maximum to register. However, this is at the discretion of the instructor and we cannot guarantee registration will be permitted. Call us at (949) 461-3450 during normal business hours if you want to discuss adding your child to a class.

Tennis For Everyone ~ Youth

Children are invited to learn to play this fascinating sport. Participants will do it all, from drills to match play, in a fast-paced, fun-filled environment. Please bring an unopened can of tennis balls to the first class meeting.

Instructor: Fabian Grassini Tennis & Sports Staff

Fee: \$95 per participant – Resident
\$100 per participant – Non-Resident
(8-week session)

Materials Fee: A \$10 T-shirt fee (uniform) payable to the instructor first day of class.

Location: Monday classes – Pittsford Park (21701 Pittsford Dr)
Wednesday classes – Foothill Ranch Community Park
(19422 Rue De Valore)

To Register: Online, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 3742	3-5 yrs	Sep 30-Nov 18	Mon	3:30-4:30 pm
Act#: 3743	6-7 yrs	Sep 30-Nov 18	Mon	4:30-5:30 pm
Act#: 3744	8-12 yrs	Sep 30-Nov 18	Mon	5:30-6:30 pm
Act#: 3745	3-5 yrs	Oct 2-Nov 20	Wed	3:30-4:30 pm
Act#: 3746	6-7 yrs	Oct 2-Nov 20	Wed	4:30-5:30 pm
Act#: 3747	8-12 yrs	Oct 2-Nov 20	Wed	5:30-6:30 pm

Toddlers, Movers, & Shakers

Play, learn, cultivate movement, socialization, motor and listening skills while getting the wiggles out in this imaginative class. Children and parents participate in creative movement activities that include various props, pretend play through dance, move to nursery songs and dance with parachutes and bubbles. This fun course is suitable for both boys and girls. Parent participation required. *Class is part of OCDP Dance progression program where dancers can track their accomplishments and receive certificate of achievement. Visit www.ocdanceproductions.com for more information.

Instructor: OC Dance Productions staff

Fees: \$72 per Parent and Child Couple – Resident
\$77 per Parent and Child Couple – Non-Resident
(6-week session)

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: Online, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 3758	3-5 yrs	Sep 11-Oct 16	Wed	4:20-5:05 pm
Act#: 3759	3-5 yrs	Oct 23-Dec 4*	Wed	4:20-5:05 pm

*No class 11/27

Three easy ways to register:
online, mail-in or walk-in!

Turn to pages 27-28
for more info.



Hip Hop Tumble

Children learn the basics of hip hop dancing and basic tumbling that are incorporated into dance routines. Dancers will also work on developing spatial awareness, coordination, creative movement and rhythm through dance games and fun activities. A special performance will take place for parents on the last day of class. This course is suitable for both boys and girls. *Class is part of OCDP Dance progression program where dancers can track their accomplishments and receive certificate of achievement. *Optional holiday recital in December (nominal costume fee). Sneakers are required. For more information, please visit ocdanceproductions.com.

Instructor: OC Dance Productions staff

Fees: \$72 per Parent and Child Couple – Resident
\$77 per Parent and Child Couple – Non-Resident
(6-week session)

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 3760 3-5 yrs Sep 11-Oct 16 Wed 5:10-5:55 pm

Act#: 3761 3-5 yrs Oct 23-Dec 4* Wed 5:10-5:55 pm

***No class 11/27**

Princess Ballet & Creative Movement

Your little one will enter a world of magic and imagination, dancing to their favorite tunes from princess movies new and old. This class teaches the basics of ballet and dance through terminology and imagery. Dancers will also get to create their own princess props to take home, hear stories and dress up in princess tutus. Class is part of OCDP Dance progression program where dancers can track their accomplishments and receive certificate of achievement. *Optional holiday recital in December (nominal costume fee). Ballet shoes required. Visit www.ocdanceproductions.com for recommended attire and more info.

Instructor: OC Dance Productions staff

Fees: \$72 per Parent and Child Couple – Resident
\$77 per Parent and Child Couple – Non-Resident
(6-week session)

Material Fee: An additional material fee of \$5 due to instructor at first class meeting.

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 3756 3-5 yrs Sep 11-Oct 16 Wed 3:30-4:15 pm

Act#: 3757 3-5 yrs Oct 23-Dec 4* Wed 3:30-4:15 pm

***No class 11/27**

Fall Registration Dates:

Tuesday, August 13 (Lake Forest Residents)

Tuesday, August 20 (Non-Residents)

TriFytt Sports: Soccer Skillz Clinic

This is a great chance for beginning and advanced soccer players to receive specific coaching techniques on skills and game situations through fun and safe games and drills. Athletes will learn new techniques and tactics while we also concentrate on teaching them the benefits of sportsmanship, discipline, and teamwork. Each athlete will be taught drills to help further their skill development.

Instructor: TriFytt Sports Staff

Fee: \$59 per participant – Resident
\$64 per participant – Non-Resident
(6-week session)

Location: Foothill Ranch Community Park
(19422 Rue De Valore)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 3738 3-4 yrs Sep 27-Nov 1 Fri 4:00-4:45 pm

Act#: 3739 5-6 yrs Sep 27-Nov 1 Fri 5:00-5:45 pm



TriFytt Sports: Multi-Sport Skillz Clinic

This is a great chance for beginning and advanced soccer, tee-ball and basketball players to receive specific coaching techniques on skills and game situations through fun and safe games and drills. Athletes will learn new techniques and tactics while we also concentrate on teaching them the benefits of sportsmanship, discipline, and teamwork. Each athlete will be taught drills to help further their skill development.

Instructor: TriFytt Sports Staff

Fee: \$79 per participant – Resident
\$84 per participant – Non-Resident
(8-week session)

Location: Foothill Ranch Community Park
(19422 Rue De Valore)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 3740 3-4 yrs Sep 21-Nov 9 Sat 9:00-9:45 am

Act#: 3741 5-7 yrs Sep 21-Nov 9 Sat 10:30-11:15 am



**Want more info on how to register
for programs
online?**



Please call Community Services at 461-3450 to receive your personal account pin number and internet login ID.

online.activecommunities.com/lfreconline

Parent & Me Art Time

Explore a variety of art materials and fire up your child's imagination! Hands-on projects may include: painting, drawing, printmaking, clay sculptures and much more! Come enjoy a special and creative time shared between you and your little artist. All materials and aprons will be provided and parent participation is required. An additional \$20 material fee is due to the instructor at first class meeting.

Instructor: My Art Studio – Lucia Henry

Fee: \$65 – Resident
\$70 – Non-Resident
(5-week session)

Materials Fee: An additional material fee of \$20 due to instructor on first class meeting

Location: Lake Forest Community Center (25550 Commercentre Dr)

To Register: Online, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 3750 3-5 yrs Sep 11-Oct 9 Wed 2:30-3:15 pm

Ceramic Creations

Have a blast learning how to turn clay into wonderful creatures and other fun projects. We will hand build the pieces as we learn techniques such as coiling, scoring, slab construction and more. We will decorate the pieces with under glazes (special paint for wet clay.) Different projects will take place each day. All pieces will be glazed and fired and aprons will be provided.

Instructor: My Art Studio – Lucia Henry

Fee: \$75 – Resident
\$80 – Non-Resident
(5-week session)

Materials Fee: An additional material fee of \$20 due to instructor on first class meeting

Location: Lake Forest Community Center (25550 Commercentre Dr)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 3751 6-12 yrs Sep 11-Oct 9 Wed 3:30-4:45 pm

Shake It Up

In this exciting dance class, your child can shake it up just like Rocky and CeCe. Students will learn new dance steps, basic jazz technique and fun hip hop moves.

Instructor: Positive Energy Dance Studio

Fees: \$90 – Resident
\$95 – Non-Resident
(6-week session)

Location: Positive Energy Dance Studio
(22600-C Lambert St)

To Register: Online, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 3788 7-9 yrs Sep 9-Oct 14 Mon 5:00-5:50 pm



Beginning Guitar

Playing the guitar is an enjoyable way to enrich your life through music. This class is designed to build a strong foundation for people with no experience playing the guitar. Students will learn several open position chords and many strum styles and time signatures. Students must bring their own guitar and tuner.

Instructor: Ron Gorman

Fee: \$60 – Resident
\$65 – Non-Resident
(3-week session)

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 3774 7 yrs-Adult Dec 4-18 Wed 5:30-6:30 pm

Intermediate Guitar

Our intermediate class is designed to expand on beginning knowledge and give musicians the tools to take their abilities to the next level! If you have a basic understanding of the guitar but want to learn more, this is the perfect class for you! Students must bring their own guitar and tuner.

Instructor: Ron Gorman

Fee: \$60 – Resident
\$65 – Non-Resident
(3-week session)

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 3775 7 yrs-Adult Dec 4-18 Wed 6:30-7:30 pm

Youth Gymnastics

This is an introduction to gymnastics for 7-12 year olds! This course teaches basic skills for floor exercise, bars, balance beam, and vault along with a 30 foot long trampoline. Participants will learn cartwheels, round offs, back handsprings and much more. Most of all everyone will have fun!!!! This class also includes **FREE open play** for anyone signed up in our gymnastics program. Open play is every Thursday 1-2pm.

Instructor: Us Too Center Staff

Fee: \$45 – Resident
\$50 – Non-resident
(4-week sessions)

Location: Us Too Center
(25 Spectrum Pointe Dr #405)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 3726	7-9 yrs	Sep 12-Oct 3	Thu	5:45-6:30 pm
Act#: 3727	10-12 yrs	Sep 12-Oct 3	Thu	5:00-5:45 pm
Act#: 3728	10-12 yrs	Sep 12-Oct 3	Thu	6:30-7:15 pm
Act#: 3729	7-9 yrs	Oct 10-31	Thu	5:45-6:30 pm
Act#: 3730	10-12 yrs	Oct 10-31	Thu	5:00-5:45 pm
Act#: 3731	10-12 yrs	Oct 10-31	Thu	6:30-7:15 pm

Youth Kung Fu and Conditioning Class

Kung fu stresses self-discipline, self-defense and personal growth. Students will learn that kung fu is about balance and self-discipline. Kung fu is not about winning or losing, it is about focus, enrichment and tolerance for others. This class will encourage self-control and respect for others. Classes are taught in a relaxed, social environment. In order to insure quality instruction and comfort, there is a 15-student limit for this class.

Instructor: Sihing Paul Bennett

Fee: \$60 – Resident
\$65 – Non-Resident
(4-week session)

Location: Lau Kune Do School of Martial Arts
(22762 Aspan St., #207)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 3763	9-15 yrs	Sep 10-Oct 4	Tue & Fri	5:00-6:00 pm
Act#: 3764	9-15 yrs	Oct 11-Nov 5	Tue & Fri	5:00-6:00 pm
Act#: 3765	9-15 yrs	Nov 12-Dec 6	Tue & Fri	5:00-6:00 pm

Basic First Aid

This American Safety and Health Institute (ASHI) course meets OSHA requirements and is EMSA-approved for daycare providers. This course covers how to treat bleeding, burns, shock and other emergencies. Participants will receive a First Aid card valid for two years. **Participants should bring a self-addressed stamped envelope.** Please note: This is not a Health Care Provider level course.

Instructor: Workshops on Wellness – Sabrina Bradley, MS, CHES

Fee: Free – Resident
\$5 – Non-Resident

(Pre-registration is required for this course and space is limited)

Material Fee: An additional \$13 material fee is due to instructor the day of class

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 3772	10-Adult	Nov 9	Sat	3:00-5:00 pm
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CPR: Adult, Child & Infant

The ability to perform CPR properly is a lifesaving skill that everyone could benefit from learning. This American Safety and Health Institute (ASHI) course meets the requirements of OSHA and is EMSA approved for daycare providers. This course covers CPR and the Heimlich maneuver for adults, children and infants. In addition, each participant will have his/her own 2 mannequins on which to practice. Participants will receive a certification card which is valid for 2 years. Participants should bring a self-addressed stamped envelope. Please Note: This is not a Healthcare Provider level course. (Pre-registration is required for this course and space is limited.)

Instructor: Workshops on Wellness – Sabrina Bradley, MS, CHES

Fee: \$28 – Resident
\$33 – Non-Resident
(one-time workshop)

Material Fee: An additional \$13 material fee is due to instructor the day of class

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: Online, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 3770	10-Adult	Sep 11	Wed	7:00-9:45 pm
Act#: 3771	10-Adult	Nov 9	Sat	12:30-3:00 pm

Seriously Awesome Sitters

Here's the ultimate babysitter preparation class! Not only will you become certified in Basic First Aid and Adult, Child and Infant CPR, but you'll also learn how to market your services, safely care for children, make healthy snacks, and entertain kids so that you'll be recognized as an awesome sitter who will be asked back again and again! **An additional \$40 material fee is payable to the instructor in class for training manuals, certification cards, mannequins, supplies, etc.** Please bring a self-addressed stamped envelope, pen/pencil, lunch, and infant-sized doll or Teddy Bear to class.

Instructor: Workshops on Wellness – Sabrina Bradley, MS, CHES

Fee: \$28 – Resident
\$33 – Non-Resident
(one-time workshop)

Material Fee: An additional \$40 material fee is due to instructor the day of class

Location: Lake Forest Community Center
(25550 Commercentre Dr)

To Register: Online, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 3773	10-Adult	Nov 9	Sat	10:00 am-5:00 pm
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Fall Registration Dates:

Tuesday, August 13 (Lake Forest Residents)

Tuesday, August 20 (Non-Residents)